

# ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

JUNE 2009

**Erin R. Graziani – Director**

**Jean Baseel – Assistant**

**Ellington Senior Center**

**16 Church Street – P.O. Box 187**

**Ellington, CT 06029**

**Receptionist** – MaryAnne Mandell,  
Marcie Berticelli

**TELEPHONE NUMBER**

**870 – 3133**

**Transportation Program Secretaries:**

Florence Brennan, Susan Shepard

**TRANSPORTATION**

**870 – 3137**

**Van Drivers:** Peggy Anderson, Annette  
Heim, and Kathy Sherokow

**To Access The Town Crier News &  
Calendar On The Town's Website:**

[www.ellington-ct.gov](http://www.ellington-ct.gov)

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

**Senior Center Hours:**

Monday: 8:30 am – 6:00 pm

Tues – Thurs: 8:30 am – 4:00 pm

Friday: 8:30 am – 1:30 pm

*Erin*

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**ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)**

Transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMATS is offered Monday - Thursday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

**VAN TRANSPORTATION**

Regular van service includes rides to the senior center, shopping, "Out to Lunch" program and occasional evening events. Please request your transportation packet by calling the Transportation Line at 870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m. 1 week notice is required. *ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*

**ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW****31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131****TRIAD SENIOR SAFETY NEWS**

A monthly news tidbit....

Do you have **“ICE”** on your cell phone? Well, you should! ICE stands for ***“IN CASE OF EMERGENCY”***. If you have an accident or take ill and a 1<sup>st</sup> responders or police come to your aid they can look in your cell phone contact list for ICE and then know who you want contacted in case of an emergency. So, in your cell phone address book please go to “add new contacts” & type in ICE. Then put in the name & telephone number of the person you want contacted. It’s that easy & can be very helpful in times of need.

**June 15<sup>th</sup> is World Elder Abuse Awareness Day** - a day which aims to create awareness about violence against older adults in all its forms. On this day states, countries and the International Network for the Prevention of Elder Abuse (INPEA) will be recognizing and raising awareness of disabled adults & other older persons who suffer due to abuse, neglect or exploitation. People worldwide will be wearing purple to show that elder abuse is a global problem. We encourage everyone to wear some purple clothing or a purple ribbon on June 15<sup>th</sup>. Purple ribbons will be given out at the TRIAD Senior Safety program/Ice Cream Social at the Ellington Senior Center on June 11<sup>th</sup>. If you or someone you know is the victim of Elder Abuse please call the North Central Area Agency on Aging at 724-6443 or the State of CT Dept of Social Services in Manchester at 647-5914.

The **Caregiver Education Program** has gotten off to a great start. Speakers from the State of Connecticut, Department of Developmental Services Aging Division and North Central Area Agency on Aging have given attendees valuable information on helping you plan for the special needs of a loved one. On June 3<sup>rd</sup> the speaker will address residential options for persons with Developmental Disabilities and other housing issues. On June 10<sup>th</sup> the speakers will review all issues they have covered in the past 3 sessions about special needs trust, eligibility for programs and services for developmentally challenged individuals and also program eligibility for older adults.

**BALLROOM/POLKA SOCIAL** – Under the direction of Amelia Kurpat and Adam, will be concluding this dancing season on JUNE 15, 2009

**BETTER AGE CLUB** – The Better Age Club is open to all senior citizens. They meet every 2<sup>nd</sup> and 4<sup>th</sup> Thursday at 1:00 p.m. *Their final formal meeting will be on June 25, 2009.*

JUNE 11, 2009      No Business Meeting

JUNE 25, 2009      Pot Luck at (12:00 noon). Bring a hot/cold dish (no desserts), place setting. President and Vice President are in charge of dessert and beverage. Grocery BINGO!

**BOCCE BALL** – Held every Tuesday 10:30 a.m. at Snipsic Village (weather permitting). Libby McCarthy is our contact person. Everyone is welcomed to join in the fun. The Ellington Senior Center would like to thank Mr. Mike Jordan and his Boy Scouts who nicely cleaned the Bocce Ball court for us. Transportation is available if you need it. Please contact the senior center at 870-3133 for any further questions.

**CARDS AND GAMES:**

<b>Bridge:</b>	Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta
<b>Bocce Ball:</b>	Tuesdays @ 10:30 a.m. (weather permitting). At Snipsic Village
<b>Canasta – “King’s Row”:</b>	Join Barbara Donohue and friends Thursdays at 1:00 p.m. the first, second, and fourth week of the month; the third Tuesday of the month 1pm
<b>Dominos:</b>	First Tuesday of the month at 1:00 p.m.; Come join us for a fun time!
<b>Evening Cards: (Setback):</b>	Tuesdays and Saturdays at 7:00 p.m.
<b>MahJongg:</b>	Come join in the fun! Every Monday at 1:00 p.m, and every Friday at 10:00 a.m.
<b>Pinochle:</b>	Every Friday at 6:00 p.m.; see Bob Karlowicz (or alternate coordinators, Carl Larson and Marion Hoffman)

**HEALTH & WELLNESS NEWS:**

**Blood Pressure Clinics & Diabetic Screenings** – Blood Pressure clinic and Diabetic screenings are held the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 1:30 p.m. – 3:00 p.m.: Van service is available.

**Exercise Class** – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

**Podiatry Clinic** – Held at the Senior Center on the first Wednesday of every month at 9:00 a.m. \*Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, June 3, 2009.

\* Call Rita directly to schedule your appointment. She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

**Tai Chi Classes** – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner's class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

**PLEASE REMEMBER TO FILL OUT A CURRENT MEDICAL WAIVER FORM AND PAR-Q FORM FOR ALL THE ABOVE MENTIONED CLASSES. Forms are available from our receptionists, Mary Anne Mandell or Marcie Berticelli.**

**GARDEN THYME** – Meets every Monday morning at 9:00 am. If you like to garden, come join us! Our gardens are always open for viewing. We take much joy in the maintaining of our flower and vegetable gardens.

**LIVING INDEPENDENTLY AT HOME WITH TECHNOLOGY & HOME CARE SERVICES** -

June 23, 2009 (1:30 pm) at the Ellington Senior Center. This presentation will discuss the wide variety of services provided under Home Care Services. Including those covered by Medicare, insurances, and those that are paid for privately.

**LUNCH & LEARN:** “Project Home Share” to be held on Thursday, June 4, 2009 (12:00 p.m.) at the senior center. Project Home Share is a service that provides referrals for homeowners who are having difficulty maintaining their homes because of financial, social, or physical needs.

**MONTHLY - BIRTHDAY LUNCH** – Our last “Birthday Lunch” will take place on June 24, 2009 at the Ellington Senior Center (12:30 p.m.) For a donation of \$6.00 payable to our receptionists, Mitchells Restaurant will provide sandwiches and soup for lunch.

**MEMORIES AND CREATIVE WRITING** – Meets the third Thursday of the month at 1:00 p.m. This group will meet next on Thursday, May 21, 2009 at 1:00 p.m. here at the senior center. All are welcome!

**MUSICAL INSIGHTS** - June 15, 2009 will be our last planned program for the season. Musical Insights will resume in September. A note from Pat Stoughton, *"Thank you all for your constant interest and support."*

JUNE 8, 2009            Presentation – A Seasonal Piano Program – Presenter: Ms. Barbara Caramonte  
(Sign up required)

JUNE 15, 2009        Presentation – A Patriotic Tribute – Presenters: The Ellington Citizens  
(Sign up required)

**OUT TO LUNCH:** "Out To Lunch" is held the second Tuesday of the month at 1:00 pm. Come join us for a great time enjoying the local restaurants in the area. Sign up is required.

**June - Triple A Diner, East Hartford – 6/9/09**

**July - Roma Restaurant, East Hartford – 7/6/09**

**SEW & SO/CRAFTS:** Meets every Thursday morning at 9:30 a.m. Van service is available.

**SHUFFLEBOARD** – Every Wednesday at 2:00 pm. Shuffleboard is played in the main room of the senior center. We love to hear the laughter coming from the shuffleboard court! Van service is available.

**TRIAD SENIOR SAFETY DAY** - This is a **FREE** event for Ellington Seniors. "Your Best Protection Is Awareness". Join us on Thursday, June 11, 2009 at the Ellington Senior Center from 1:00 p.m. – 3:00 p.m. for an "Ice Cream Social". While you are enjoying your ice cream we will have a guest speaker from the State of Connecticut, Office of Victim's Advocate. Remember: You must pre-register for this event. Please call the Ellington Senior Center to secure your attendance. 870-3133. Van service is available

**TRIPS:** With the welcome of Spring, it is time for our Trip Coordinators to plan upcoming outings for the Ellington Senior Center. Look what we have!

- **Wednesday, June 17, 2009:** "The Majestic." A 2 ½ hour narrated cruise of Newport Harbor and Narragansett Bay. This trip will include a buffet luncheon that will be provided while on the ship. Following the cruise a trolley car will guide you along the 10-Mile Ocean Drive. Cost of this trip is \$70.00
- **Thursday, July 9, 2009:** "Connecticut River in Massachusetts." Step aboard the *Quinnetukut II* and experience the stunning French King Gore and historic Barton Cove on a narrated 1 ½ hour cruise along the Connecticut River in Massachusetts. Lunch will be served at The French King, adjacent to the Connecticut River Gorge. Following lunch we will be making a stop at The Yankee Candle Company. Cost for this trip is \$66.00.

**VETERAN CONTACTS:**

**VFW** – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613

**AMERICAN LEGION** - Leonard Johnson – Services Officer at 871-1498

**VETERAN’S AFFAIRS** – State Representative – Ted C. Graziani at 240-8531

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**Ellington Senior Center Survey**

Please take the time to let us know what types of programs you would like to see held at the Ellington Senior Center. Check all that apply. Please detach and return to the senior centers receptionist by June 26, 2009. Thank you for your input.

\_\_\_\_\_Anxiety in Elders

\_\_\_\_\_Bone Health/Fall Prevention

\_\_\_\_\_Difference Between Alzheimer’s & Dementia

\_\_\_\_\_Heart Health

\_\_\_\_\_Hospice

\_\_\_\_\_Living With Chronic Pain

\_\_\_\_\_Managing Arthritis

\_\_\_\_\_Managing Diabetes

\_\_\_\_\_Medication Education (Awareness)

\_\_\_\_\_Other

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Comments: (please describe)